



Preparing students Mind, Body and Soul since 1921

Bishop Noll Families,

With athletics resuming on July 6<sup>th</sup>, we want to assure you that the safety and well-being of all of our students is our number one priority! These workouts are **VOLUNTARY**. With that being said, our athletics re-entry plan will follow the three phase process advised in the guidelines by the Department of Education and Indiana High School Athletic Association, Inc. (IHSAA) to ensure all precautionary steps are being taken to safely resume our fall sports. Below is information regarding physicals, additional forms, and expectations for Phase 1.

These forms **MUST** be completed and turned into the Athletic Department prior to participation on July 6<sup>th</sup>:

- **WAIVER OF LIABILITY**
- **CONCUSSION AND SUDDEN CARDIAC ARREST INFORMATION AND SIGNATURE SHEETS**
- **2020-21 HEALTH HISTORY UPDATE QUESTIONNAIRE And CONSENT & RELEASE CERTIFICATE.** (If there is a valid physical on file from the 2019-20 school year.)

If desired by the student and/or parent, a new Pre-Participation Physical and Consent Form on the most current IHSAA document dated after April 1, 2020 is most acceptable and welcomed. All forms are attached and also available at <https://bishopnollathletics.org/> under the tab "More". **NO STUDENT WILL BE ALLOWED TO PARTICIPATE STARTING JULY 6<sup>TH</sup> WITHOUT THESE FORMS COMPLETED AND TURNED IN TO THE ATHLETIC DEPARTMENT.**

Below are a few items we would like to make you aware of.

Starting July 6<sup>th</sup>:

- Each student and coach will be prescreened before each conditioning/workout.
- Everyone present (coaches, students, medical personnel, managers, administrators, etc.) **MUST** wear a face masks at all times.
- Locker rooms will be prohibited during Phase 1 so students **MUST** arrive to scheduled workouts completely dressed and ready to participate.
- There will be no contact in Phase 1 as social distancing of 6 feet is mandatory so please be ready to practice this once arriving to conditionings/workouts.
- There will be absolutely **NO** sharing of clothes, shoes, towels, etc. Everything **MUST** be taken home and washed before the next scheduled conditioning/workout date.
- There will be mandatory sanitation breaks where students and coaches will **STOP** and **WASH HANDS** and **EQUIPMENT** during workouts.
- All students **MUST** bring their own water as communal water stations will also be prohibited.
- Only essential personnel, students, coaches, managers, medical staff, school administration will be allowed to be present for all activities.
- All facilities will be sanitized daily by Bishop Noll maintenance staff.

#### STUDENT EXPECTATIONS DURING PHASE 1

- Do **NOT** attend workouts if you are not feeling well, have a fever or have recently been exposed to the Covid-19 virus.



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- PLEASE check your temperature prior to attending a workout and stay home for 72 hours symptom free if your temperature is 100.4° or higher.
- **Arrive to practice ready to go: (STUDENTS WITHOUT THESE ITEMS WILL BE SENT HOME.)**
  - **proper workout attire**
  - **water bottle(s)**
  - **towel**
  - **mask**
  - **personal equipment (if needed)**
- Wash workout clothes and sanitize all personal equipment after each session.
- Social distance 6 feet from all teammates and coaches at all times.
- Wash hands and/or use hand sanitizer as much as possible.
- Do not share clothes, towels, shoes, gloves or other workout items.
- Make certain your ride is here when you finish your workout. Students should not be congregating while waiting for their ride home. All students MUST be picked up no later than 15 minutes after the conclusion of workouts.
- No parents will be allowed to be present during the workout sessions. Essential personnel only.
- We will not be monitoring student's transportation to and from practice. If you are riding to and from practice with other students, parents should have their parent's approval.

#### PARENT EXPECTATIONS DURING PHASE 1

- Temperature check your students prior to their arrival to workouts.
  - Students with 100.4° or higher will be sent home for the minimum of 72 hours symptom free.
- **Students MUST arrive to workouts with: (STUDENTS WITHOUT THESE ITEMS WILL BE SENT HOME.)**
  - **proper workout attire**
  - **water bottle(s)**
  - **towel**
  - **mask**
  - **personal equipment (if needed)**
- If you are dropping off your students to workouts, please wait until they are temperature checked and approved to participate before leaving.
- Students must be picked up no later than 15 minutes after the conclusion of workouts. Students should not be congregating while waiting for their ride home.
- No parents will be allowed to be present during the workout sessions. Essential personnel only.
- We will not be monitoring student's transportation to and from workouts. If student is riding to and from workouts with other students, parents should have their parent's approval.

\*These guidelines are subject to change.\*

As was mentioned before, the safety and well-being of all of our students and staff is our number one priority! Thank you for your understanding, your patience and your help in making sure this return to athletics is done as safely as possible. If you have any questions or concerns please email me directly at [ericoldan@bishopnoll.org](mailto:ericoldan@bishopnoll.org).

Eric Roldan  
Athletic Director

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